

Our Mission

To fulfill our nation's commitment to its veterans by providing a premiere retirement community with exceptional residential care and extensive support services.



Get More out of Your Retirement now

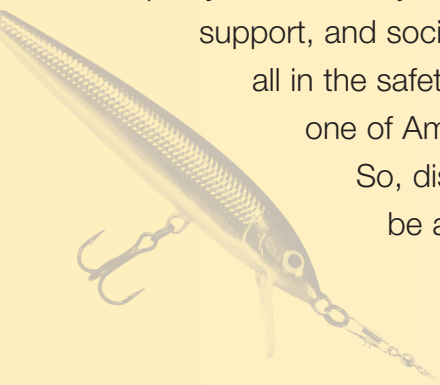
All told, this new pilot program is another example of how AFRH is fulfilling its commitment to veterans and retired military. *Independent Living Plus* will truly help you get what you deserve from the nation you serve. For assistance, please call our Resident Support Team at 202.730.3372.



Add Life to Your Years

Independent Living Plus is a pilot program at AFRH that promotes the new Aging in Place philosophy. This dynamic approach will help you thrive in a friendly, familiar environment and enhance your quality of life. Now, you can enjoy your favorite activities, get vital support, and socialize with good friends. And you can do it all in the safety and comfort of your own home, here in one of America's premiere retirement communities.

So, discover how rich and fulfilling life can be at AFRH.



Washington Community
Independent Living Plus

tel: 202.730.3372
fax: 202.730.3505
web: afrh.gov

3700 N. Capitol Street, NW
Washington, DC 20011

Independent Living Plus is managed by certified health professionals. Currently, our pilot program is open to existing AFRH residents in Independent Living and Assisted Living.

Enjoy Newfound Freedom with

Independent Living Plus

A new movement

Enjoy Much Greater Freedom

With *Independent Living Plus*, the appropriate level of support revolves around you. Now, you may receive the aid of support services, new technology, design features, nutrition guidance, and more. This will help you live independently and comfortably, for as long as possible, while remaining an active member of the AFRH community. All of which promotes better wellbeing.

Receive Essential Support in:

- bathing & showering
- daily reminders
- diet supervision
- dressing assistance
- housekeeping
- limited laundry
- medication management
- personal grooming
- physical mobility
- rehab services
- social interaction



Aging in Place

In the past, if a person had trouble living alone, it was a sign it was time to move in with family or go to a nursing home. Today, for most people, this is no longer the case. Now you can live on your own, for many years, in your home of choice. As you grow older and require help with everyday tasks, the support comes to you. This is called Aging in Place.

This approach can greatly extend your stay in your own comfortable living space. Should you develop a chronic health condition like diabetes, arthritis, or cognitive difficulties, a range of paid services may be obtained to support you. In fact, you may even opt for special equipment or hire in-home caregivers to ensure your independence.

Thrive with a Personal Plan of Care



First, we will complete an individual Vitality Plan so we can clearly understand your unique abilities and needs. Then, AFRH will create your very own personal Plan of Care to identify services that will promote and extend your independence. We'll update your Plan regularly, noting changes to your needs and any extra support that may be required. Ultimately, this Plan of Care will be the blueprint to help us deliver personal assistance to you in *Independent Living Plus*.

Count on Your Dedicated Support Team

A highly specialized Team will direct your assistance in *Independent Living Plus*. This Resident Support Team is comprised of top Home Health Professionals – Including a Supervisory Nurse, Aides, Social Workers, and more. Together, they'll help coordinate all aspects of your daily life – from medical, spiritual, and rehabilitation to nutrition, mobility, and social services.

